

End Semester/Reappear (Semester VI) Examination May 2025

Programme: BPT

Course: Stress Management by Yoga

Course Code: 23ADE05

Enrolment no. _____

Full Marks: 70

Time: 3 Hrs.

| Q.N o. | Questions | CO | Bloom Taxonomy Category | Marks |
|-------------------------------------|---|-----|-------------------------------|--------------------|
| Section I | | | | |
| 1 | Short Answer type questions. | | | 4 x 5 = 20 |
| a | Describe different types of Tapa. | CO1 | Remember | |
| | or | | | |
| b | What are the eight parts of Yog? | CO1 | Remember | |
| | or | | | |
| c | How does Pranayam helps in improving lung function? | CO2 | Remember | |
| | or | | | |
| d | What are the generalized effects of asan in yoga? | CO2 | Apply | |
| | or | | | |
| e | How Santosh helps in maintenance of peace? | CO1 | Understand | |
| | or | | | |
| f | Describe bramhacharya and its importance in life. | CO1 | Understand | |
| | or | | | |
| Section II | | | | |
| Long Answer type questions. | | | | |
| 2 | What are the misconceptions regarding yoga and how can it be removed? | CO1 | Analyze | 3 x 10 = 30 |
| | or | | | |
| 3 | ‘God has created our tongue for the benefit of all and not for destruction’. Justify this line. | CO1 | Analyze | |
| | or | | | |
| 4 | Describe the technique and benefits of Dirga Pranayama. | CO2 | Apply | |
| | or | | | |
| 5 | Compare Bhastrika and Kapalabhati Pranayama and explain how they differ from each other. | CO2 | Analyze | |
| | or | | | |
| 6 | Justify, how hom is superior to dan? | CO1 | Analyze | |
| | or | | | |
| 7 | Compare the first two limbs of Yoga. | CO1 | Analyze | |
| Section III | | | | |
| Application based questions. | | | | |
| 8 | ‘Physiotherapy is not Yoga and Yoga is not Physiotherapy’. Justify this statement. | CO1 | Analyze | 1 x 20 = 20 |
| | or | | | |
| 9 | Analyze the process to reach Samadhi describing each step in detail. | CO1 | Analyze | |

COURSE OUTCOME

At the end of course, candidate will able to

CO1: Develop healthy mind in a healthy body thus improving social health also

CO2: Improve efficiency